



Thursday April 02

## THURSDAY: BUST A MOVE

### Someone to Watch Over Me

To chase down big goals like losing 50 pounds or more, you've got to make some major lifestyle changes. Some shifts are easier than others. For instance, trading your chips for air-popped popcorn might be a little easier than getting up at the crack of dawn to exercise every day. For that kind of change, you might need a little extra support.

To help you keep your feet firmly on the path to successful weight loss and fitness, find someone to look up to — someone whom you trust to educate you about health and fitness, give you advice and answers when you're feeling lost, and stimulate your sense of possibility and potential.

My role model was a fellow student at the karate studio I attended. Four years older than I, he was smart, funny, charismatic, and one hell of a fighter. He was testing for his black belt while I was wearing the blue. I took to him immediately, and he became my mentor — the big brother I'd always wanted but never had. I admired and looked up to him, aspiring to follow his example.

The easiest way to get instant support is to hire a personal trainer, but you don't have to spend a lot to get the support you need. Look for a sponsor in a local support group or a trusted friend who has been there, done that — basically, anyone whom you respect, and who has the knowledge you need and the ability to challenge you and keep you moving toward your goal.

### JILLIAN'S TIP OF THE DAY

#### Don't Be Shy

Many people are afraid to approach

strangers with questions. Don't be! If someone isn't interested in mentoring, he or she will let you know. If that's the case, simply move on to the next expert. Most people, however, are flattered when asked for their advice, particularly if it's about something they've worked hard to achieve or something that's their life's passion. Mentors are also good about hooking you up with other sources of information — Web sites, books, other experts, and more. Before you know it, you'll have a network of positive support!